



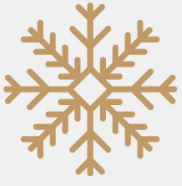
**CHRISTIAN'S**

# *Diet and Fitness*

**SURVIVAL GUIDE**

**FOR THE**  
*Holidays*





# Welcome

## TO THE HOLIDAY SEASON OF 2023

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This is designed to be a quick manual for you to reference from Thanksgiving through New Year's. It's something to have in your back pocket.

No one wants to gain a bunch of weight they'll regret putting on by the new year.

This is why this guide will put you in the mindset of discipline without tearing away the foods we love to eat during "the most wonderful time of the year."

Remember, it's *how you think* that will determine your outcome during the holiday season.



# MINDSET

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Determine how you would like to feel the morning of January 2nd. GO ahead. Think into the future. It's the morning of January 2nd.

Where are you? What does the room look like? How does your head feel?

When you roll out of bed how does your body feel? How do your clothes fit?

Ideally we will feel light and loose. Our clothes will fit well. We'll be coming off a great night of sleep. When we look at ourselves in the mirror we will feel great. We will feel accomplished. We will not be ashamed but confident in the choices we have made.

This can all be true. This will be reality.

Now how do we get to this place of optimism and confidence on the morning of Tuesday, January 2nd?



# MICROHABITS

In order to look and feel great on January 2nd, you must condition your mind to make good decisions.

We must create microhabits that enable us to put decisions on auto-pilot. According to James Clear, author of *Atomic Habits*:

*All big things come from small beginnings. The seed of every habit is a single tiny decision. But as that decision is repeated, a habit sprouts and grows stronger. Roots entrench themselves and branches grow. The task of breaking a bad habit is like uprooting a powerful oak within us.*

This quote highlights the importance of microhabits, which are small and easy-to-do habits that can be repeated consistently over time to create significant change. By focusing on small manageable habits, we can build momentum and make progress towards our goal.

I recommend creating several microhabits at the beginning of each day that lead to good decision making in regards to our health.

## **A few microhabits I highly recommend 1st thing in the morning are:**

- Make the bed
- Pray
- Meditate
- Drink 16 oz. of water
- Journal
- Write down what you are sincerely thankful for in your life
- Read material that is of intrinsic value to you (such as scripture, a book, or uplifting informative article you've been meaning to read).
- 5 minutes of stretching
- Light cardio (walking, bike riding, etc.)
- Prepare a healthy shake, smoothie, or light healthy breakfast/snack

# STOCK THE FRIDGE

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Ever participated in a 'stock-the-bar party?' It's a party with the intended purpose to fill a new home with wine, liquor, and other alcoholic beverages. We want to throw a 'stock the fridge and pantry with fibrous fruits, vegetables, legumes, nuts and seeds' party.

That's right. Stock her up with celery, carrots, split peas, and hummus. Load up on raspberries and blueberries. Be sure to have lean and clean protein.

Why the emphasis on fiber? It fills us up so we're satiated and less likely to mindlessly snack or overeat. Also, fibrous fruits and veggies are loaded with water. Many of the veggies, legumes, and nuts/seeds have a high protein count.

When grocery shopping make sure to add these items to your list. They are there to snack on throughout your day. Add them to salad. Add them to any meal.

I recommend selecting 5 from each row and moving on to the next row.

\*(each food is listed with its fiber content per 100 grams)



## FRUIT

- 1 Passion Fruit - 10.4 grams
- 2 Raspberries - 6.5 g
- 3 Guava - 5.4 g
- 4 Blackberries - 5.3 g
- 5 Pomegranate - 4 g
- 6 Pear - 3.1 g
- 7 Kiwi - 3 g
- 8 Banana - 2.6 g
- 9 Apple - 2.4 g
- 10 Orange - 2.3 g
- 11 Papaya - 1.7 g
- 12 Mango - 1.6 g

## VEGETABLES

- 1 Artichoke - 5.4 grams
- 2 Brussel sprouts - 3.7 g
- 3 Carrots - 2.8 g
- 4 Green beans - 2.7 g
- 5 Broccoli - 2.6 g
- 6 Sweet potatoes - 2.5 g
- 7 Cabbage - 2.5 g
- 8 Peas - 5.7 g
- 9 Spinach - 2.2 g
- 10 Kale - 2.0 g
- 11 Cauliflower - 2 g
- 12 Swiss card - 1.6



## LEGUMES

- 1 Split peas - 8.3 grams
- 2 Navy beans - 8.0 g
- 3 Pinto beans - 7.7 g
- 4 Lentils - 7.9 g
- 5 Chickpeas - 7.6 g
- 6 Black beans - 8.7 g
- 7 Lima beans - 7 g
- 8 Kidney beans - 6.4 g
- 9 Green peas - 5.7 g

## NUTS & SEEDS

- 1 Chia seeds - 34.4 grams
- 2 Flax seeds - 34.4 g
- 3 Almonds - 12.5 g
- 4 Pumpkin Seeds - 18.4 g
- 5 Pecans - 9.6 g
- 6 Pistachios - 10.3 g
- 7 Brazil nuts - 8.5 g
- 8 Sesame seeds - 11.8 g
- 9 Sunflower seeds - 8.6 g
- 10 Walnuts - 6.7 g

# PROTEIN

## ANIMAL & FISH MEAT

*\*per 100 grams*

- 1 Chicken breast - 31 grams
- 2 Turkey - 29 g
- 3 Salmon - 25 g
- 4 Tuna - 23 g
- 5 Eggs - 13 g
- 6 Greek yogurt - 10 g
- 7 Shrimp - 24 g
- 8 Cottage cheese - 11 g
- 9 Halibut - 21 g
- 10 Beef steak (lean cut) - 27 g
- 11 Lamb - 25 g
- 12 Cod - 18 g

## DAIRY

*\*per typical serving size*

- 1 Greek yogurt - 20 grams
- 2 Cottage cheese - 28 g
- 3 Cheddar cheese - 7 g
- 4 Parmesan cheese - 10 g
- 5 Swiss cheese - 8 g
- 6 Goat cheese - 6 g
- 7 Brie - 6 g
- 8 Egnog - 10 g

## PLANT

*\*per typical serving size*

- 1 Edamame - 17 grams
- 2 Black beans - 15 g
- 3 Chickpeas - 15 g
- 4 Quinoa - 8 g
- 5 Tofu - 10 g
- 6 Lentils - 18 g
- 7 Almonds - 7 g
- 8 Pumpkin seeds - 7 g
- 9 Walnuts - 4 g
- 10 Pistachios - 6 g
- 11 Peas - 8 g
- 12 Peanuts - 9 g



# MOVE

If we're going to indulge more we must move more. I recommend strength training at least twice a week and going for at least a 20 minute walk daily. The weather can be unpredictable during the most wonderful time of the year. If you forfeit a walk or cardio because of nasty weather, be sure to do a strength training workout that compliments your weekly exercise regimen.

For example, if you're looking to tone and lose a little bit of fat, then a 15 minute strength training workout would look like this:

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- 1 **Full plank:** 30 seconds

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  - 2 **Bodyweight squat:** 30 secs

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  - 3 **Elbow plank:** 30 secs

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  - 4 **Wall squat:** 30 secs

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Repeat 5 times

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- 5 **Stretch 5 minutes**
    - a. **Lying hamstring stretch:** 30 secs/each leg

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    - b. **Lying glute stretch:** 30 secs/each leg
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I strongly encourage getting at least 150 minutes of moderate physical activity weekly. Steady pace walking is considered moderate physical activity. This is walking when your heart rate is slightly elevated throughout the entirety of the walk.

What does slightly elevated heart rate mean? It means you can have a conversation without huffing-and-puffing, yet you aren't completely at ease.

# FINAL THOUGHTS

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I, for one, thoroughly enjoy this time of year. It is a time to relax a bit and think about what we are grateful for in our lives. It's time we get to spend with our loved ones.

I hope you find this guide helpful in your fitness journey. Have a wonderful Holiday season!!

This guide is offered by Christian Bossert Training. Please note that this plan is for informational purposes only and should not be considered medical advice. If you have any health concerns, please consult a registered dietitian or a physician.

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